

I. AMENDMENT

A. In the Claims

Please amend the claims as set forth below. It is believed that no new matter has been added.

1. (Currently amended) An apparatus to produce an exercise routine personalized by a user, the apparatus ~~method of creating a personalized exercise routine, the method~~ including:

a first computer system programmed so as to facilitate forming machine-readable instructions corresponding to a personalized exercise routine~~[[:]], wherein protecting~~ said machine-readable instructions are protected as private to a the user;

~~maintaining said personalized exercise routine as personal to the user;~~

a portable memory device storing the personalized exercise routine formed in the machine-readable instructions and received from the first computer system in a memory device; and

a second computer system programmed to carry out operations comprising user-triggered enabling of:

\_\_\_\_\_ translating the private personalized exercise routine, stored in the portable memory device and retrieved from the portable memory device, to a different personalized private exercise routine for each different type of user-selected exercise machine,

retrieving the personalized exercise routine formed in the machine-readable instructions from the memory device~~[[:]]~~ and

\_\_\_\_\_ user-triggered engaging of the machine-readable instructions to controlling an exercise machine in carrying out the different personalized private exercise routine.

2. (Canceled)

3. (Currently amended) An apparatus to create a personalized exercise routine,  
the apparatus method of using a system, the method including:

a first computer system programmed so as to provide providing at least one user  
interface that allows a user to select a type of exercise machine, and to create a private  
personalized exercise routine for the a type of exercise machine that is selected;[[.]]

~~allowing translating, by a computer system, of the exercise routine from the~~  
~~selected type of exercise machine to a different type of exercise machine that is selected by the~~  
~~user; and~~

a second computer system programmed so as to carry out operations including  
translating the private personalized exercise routine, stored in and retrieved from a portable  
memory device, to a different personalized private exercise routine for each different type of  
user-selected exercise machine; and

wherein said second computer system is comprised of~~providing control over at~~  
least one of the types of exercise machine that carries out one said different ~~to enable the~~  
exercise routine ~~to be carried by the user.~~

4. (Currently amended) The apparatus method of claim 1, wherein the  
operations include ~~further including~~ storing, in said a personal account, medical information and  
a charge card number respectively corresponding to the user, wherein said account is  
~~maintained, by said system, as personal to the user.~~

5. (Currently amended) The apparatus method of claim 1, wherein the operations include ~~further including the steps of:~~

forming a profile of the user; and

~~maintaining, by the system,~~ the profile of the user as personal to the user.

6. (Currently amended) The apparatus method of claim 3, wherein the operations include ~~further including:~~

allowing a user profile to be formed and stored in a personal account that is ~~maintained, by the system,~~ as personal to the user.

7. (Currently amended) The apparatus method of claim 3, ~~further including:~~ wherein the exercise routine comprises

~~programming a cardiovascular exercise as the exercise routine on a personal computer; and wherein~~

~~communicating~~ signals corresponding to the exercise routine are communicated over a network to ~~the control over the~~ different type of exercise machine.

8. (Currently amended) The apparatus method of claim 3, wherein said ~~providing operations~~ includes:

allowing access, via a virtual private network, to a web-accessible library of modifiable preprogrammed routines; and

allowing modification of said preprogrammed routines.

9. (Currently amended) The apparatus method of claim 3, wherein the first

computer system is programmed so as to facilitate further including:

selecting a type of cardiovascular fitness machine as the different type of exercise machine, and specifying a duration of an exercise, a number of time intervals, an intensity, and a speed for each of the intervals.

10. (Currently amended) The apparatus method of claim 1, the first computer system is programmed so as to facilitate further including:

downloading and storing the exercise routine on a the portable memory device means that is physically transportable to said exercise machine to enable said user-triggered engaging step.

11. (Currently amended) The apparatus method of claim 10, wherein said storing includes storing by making an addition to a library of routines.

12. (Currently amended) The apparatus method of claim 3, further including wherein the operations include facilitating:

swiping at least one of a credit card or smart card for access to the different type of exercise machine.

13. (Currently amended) The apparatus method of claim 12, wherein said swiping is carried out with a card reader on a reception admission control system.

14. (Currently amended) The apparatus method of claim 3, further including wherein the operations include:

~~obtaining from providing to the first~~ computer system, via communication over a network ~~with a user computer~~, an agreement to abide by gym rules.

15. (Currently amended) The apparatus method of claim 5, wherein the operations include ~~further including~~ storing, in said profile, a charge card number associated with the user.

16. (Currently amended) The apparatus method of claim 3, wherein the operations include providing user access to the Internet at the exercise machine that carries out the one said different exercise routine ~~wherein said providing includes providing the control over both of said types of exercise machine.~~

17. (Currently amended) The apparatus method of claim 3, further including an interface for communicating at least some personal profile data between computer systems of different gyms.

18. (Currently amended) The apparatus method of claim 15, wherein the operations include ~~further including~~ enabling, with the stored charge card number ~~computer system~~, carrying out an on line purchase from the different type of exercise machine while exercising.

19. (Canceled)

20. (Currently amended) The apparatus method of claim 3, wherein the first

computer system is programmed so as to facilitate further including forming a set of exercise routines translated to control different types of exercise machine, and storing the set in the portable memory device accessible by the computer system.

21. (Currently amended) The apparatus method of claim 5, wherein the operations include further including providing a control for at least one type of media including video, TV, e-mail, stock prices, news, horoscope, hobby information, Internet media, or an electronic magazine, the control being stored in a the profile of a the user.

22. (Currently amended) The apparatus method of claim 21, wherein the providing a control is carried out with two of the media.

23. (Currently amended) The apparatus method of claim 21, wherein the providing a control is carried out with three of the media.

24. (Currently amended) The apparatus method of claim 23, wherein the operations include further including implementing the control by displaying media at said different type of exercise machine.

25. (Canceled)

26. (Canceled)

27. (Currently amended) The apparatus method of claim 7, further including

~~providing~~ a browser interface presented at said exercise machine to control Internet communication.

28. (Currently amended) The apparatus method of claim 3, further including ~~providing~~ a browser interface presented at said different type of exercise machine to control Internet communication.

29. (Currently amended) The apparatus method of claim 27, further including an interface for communicating the exercise routine to a controller between the Internet and the exercise machine.

30. (Currently amended) The apparatus method of claim 28, further including an interface for communicating the exercise routine to a controller between the Internet and the different type of exercise machine.

31. (Currently amended) The apparatus method of claim 5, wherein the operations include ~~further including~~ controlling with said profile to output to a display device and to a speaker jack at the exercise machine.

32. (Currently amended) The apparatus method of claim 6, wherein the operations include ~~further including~~ controlling, with said profile, interaction with Internet communication while exercising by use of a device that is at least one of a video game joystick on said different type of exercise machine or a flexible touch pad on at least one handle of the different type of exercise machine.

33. (Currently amended) The apparatus method of claim 6, wherein the operations include ~~further including~~ controlling with said profile programmed, hands-free, Internet communication.

34. (Currently amended) The apparatus method of claim 33, wherein said controlling includes controlling selectable content and presentation format coordinated with timing of the exercise routine.

35. (Currently amended) The apparatus method of claim 6, further including a sensor monitoring heart rate ~~with a sensor~~ at the different type of exercise machine, and wherein the operations include storing said heart rate in said user profile.

36. (Currently amended) The apparatus method of claim 35, wherein wherein the operations include; ~~further including~~ monitoring speed and intensity of the exercise routine; and  
storing said heart rate, ~~said speed,~~ and said intensity in said user profile.

37. (Currently amended) The apparatus method of claim 36, further including an interface for communicating signals corresponding to said heart rate, said speed, and said intensity in an Internet communication sent to the user of the first computer system ~~a user computer~~.

38. (Currently amended) The apparatus method of claim 3, wherein the first



~~computer system is programmed to facilitate further including~~ utilizing a calendar function to schedule use of the different type of exercise machine.

39. (Currently amended) The apparatus method of claim 3, ~~wherein the first computer system is programmed so as to facilitate further including~~ utilizing a calendar function to schedule use of a group of pieces of exercise machine.

40. (Currently amended) The apparatus method of claim 3, further including ~~logging on to a virtual private network from a personal computer to obtain said~~ providing at least one user interface ~~from the second computer system to the first computer system~~.

41. (Canceled)

42. (Currently amended) The apparatus method of claim 3, ~~wherein the operations include further including~~ formatting output at a display device at said different type of exercise machine, said formatting including selectable enlarging of the output.

43. (Currently amended) The apparatus method of claim 6, further including an interface enabling Internet navigation ~~by an interface~~ at said different type of exercise machine during exercising.

44. (Canceled)

45. (Currently amended) The apparatus method of claim 6, ~~wherein the~~

operations include further including:

permitting, at ~~discretion~~ direction of the user, access to an exercise report, and storing the report in the profile.

46. (Canceled)

47. (Canceled)

48. (Currently amended) The apparatus method of claim 6, wherein the different type of exercise machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

49. (Currently amended) The apparatus method of claim 6, wherein the first computer system is programmed so as to facilitate further including digitally specifying a location of the different type of exercise machine so that exercising is carried out at a location corresponding to at least one of a home, a home gym, a spa, an exercise facility of an apartment complex, and a hotel.

50. (Canceled)

51. (Currently amended) The apparatus method of claim 6, wherein the operations include further including maintaining a business operations database used in carrying out the translating.

52. (Canceled)

53. (Currently amended) The apparatus method of claim 6, wherein the operations include further including forming a client profile database containing a profile for each of a plurality of users.

54. (Canceled)

55. (Canceled)

56. (Canceled)

57. (Currently amended) The apparatus method of claim 6, wherein the operations include further including controlling output of visual and audio Internet media with said profile, the media including at least one of music, a video, multimedia, or chat.

58. (Currently amended) The apparatus method of claim 6, wherein the first computer system is programmed so as to facilitate further including optionally viewing and configuring reports including intensity levels of the exercise routine and heart rate through a web browser interface and at a personal computer of the user.

59. (Currently Amended) The apparatus method of claim 6, wherein the operations include wherein the providing, at the different type of exercise equipment, at least one user interface that includes a corresponding media display, the media from the group

including at least one of video, audio, and text.

60. (Currently amended) The apparatus method of claim 6, wherein the operations include providing data to further including creating a resource pool database of available exercise machines.

61. (Currently amended) The apparatus method of claim 6, wherein the operations include enabling the user further including:

logging on to the second computer system by inputting an identification number and password.

62. (Currently amended) The apparatus method of claim 6, wherein the operations include facilitating further including inputting into said profile of the user's birth date, gender, weight, height, or health history.

63. (Currently amended) The apparatus method of claim 61, wherein the operations include facilitating further including inputting of membership of a gym into said profile.

64. (Currently amended) The apparatus method of claim 63, wherein the operations include inputting communicating location of the gym and a gym membership identification number to the first computer system.

65. (Canceled)

66. (Currently amended) The apparatus method of claim 6, wherein the operations include providing ~~further including entering~~ a location indicator on the Internet to enable finding a gym capable of carrying out the translating step of providing control.

67. (Currently amended) The apparatus method of claim 6, wherein the exercise routine on the portable memory device includes an instruction providing control includes ~~controlling over~~ speed of the different type of exercise machine.

68. (Currently amended) The apparatus method of claim 6, wherein the operations include ~~further including~~ setting a filter of at least one of web subject matter or content in said profile.

69. (Currently amended) The apparatus method of claim 6, wherein the operations include controlling ~~further including computer-enabled~~ permission for another to form a group of users.

70. (Canceled)

71. (Currently amended) The apparatus method of claim 6, wherein the operations include ~~further including~~ accepting, with said second computer system, a gym registration application communicated from the first computer system ~~a personal computer of the user~~.

72. (Currently amended) The apparatus method of claim 1, wherein the operations include ~~further including~~ accepting a gym registration application over a network.

73. (Currently amended) The apparatus method of claim 3, wherein the operations include ~~further including~~ accepting, with said second computer system, a gym registration application communicated from a personal computer of the user.

74. (Currently amended) The apparatus method of claim 3, wherein the operations include ~~further including~~ managing, with said second computer system, a gym membership.

75. (Currently amended) The apparatus method of claim 5, wherein the operations include ~~further including~~ managing gym membership, with said second computer system, including tracking fees of gym users and issuing invoices.

76. (Currently amended) ~~An apparatus method of using a computer system, the method including:~~

a computer system programmed so as to carry out the operations of translating a private personalized exercise routine, stored in and retrieved from a portable memory device, to a different private personalized exercise routine for each different type of user-selected exercise machine such that controlling an exercise machine equipment of said system of at least one said type is controlled with one said different private personalized exercise routine.

~~forming a personalized exercise routine stored in a personal account at a computer system;~~

~~protecting said personalized exercise routine with a password and such that the personalized exercise routine is maintained, by said system, as personal to a user; and controlling an exercise machine equipment of said system with said personalized exercise routine.~~

77. (New) The apparatus of claim 76, wherein:

the personalized exercise routine is stored in the portable memory device with respect to a first user-selected type of exercise machine;

and the operations include translating the exercise routine to an other type of user-selected exercise machine to enable carrying out the personalized exercise routine on the other type of exercise machine.

78. (New) The apparatus of claim 76, wherein said apparatus comprises a computer system, where the exercise routine is formed, and programmed so as to facilitate user-triggered downloading of the exercise routine to the portable memory device.

79. (New) The apparatus of claim 78, further including a virtual private network that allows access to the computer system in downloading the exercise routine from the portable memory device.

80. (New) The apparatus of any one of claims 1, 3, or 76, wherein the operation of translating is carried out within a home gym.

81. (New) The apparatus of claim 76, wherein the operations include specifying

parameters of the exercise routine including type of machine, duration of session, intensity level, and pattern of variation of the intensity level.

82. (New) The apparatus of claim 77, wherein the different type of exercise machine comprises one of at least a treadmill, an elliptical trainer, a stationary bike, a stationary ski machine, a stationary rowing machine, or a resistance type machine.

83. (New) The apparatus of claim 77, further including a user computer programmed so as to specify a location corresponding to the different type of exercise machine.

84. (New) The apparatus of claim 76, wherein the operations include controlling access to said exercise machine, via a virtual private network of computer devices corresponding to exercise machines, by associating a user identification name and a password to each of said devices.

85. (New) The apparatus of claim 77, wherein the operations include forming a client profile database containing a profile for each of a plurality of users.

86. (New) The apparatus of claim 77, wherein the operations include facilitating access to a virtual private network in scheduling an exercise session in which the exercise routine is to be carried out, the scheduling being carried out through a web browser interface, and the scheduling including selecting a location, date, and time.

87. (New) The apparatus of claim 86, wherein the operations include configuring



web viewing through the web browser interface, including: configuring screens of the web browser, said web browser interface stored on the other exercise machine; and selecting types of content to be viewed while exercising.

88. (New) The apparatus of claim 86, wherein the operations include facilitating initiation of the exercise routine by receiving identification to the different type of exercise machine, the identification including at least one of a name and password on a keypad, information from a smart card to a reader, or information from a magnetic strip to a card reader.

89. (New) The apparatus of claim 76, wherein the operations include communication of an indicator of a gym capable of carrying out the translating.

90. (New) The apparatus of claim 77, wherein the operations include facilitating accepting, with said computer system, a gym registration application from a user personal computer.